

# THE CITY OF SEATTLE SUMMER FOOD SERVICE PROGRAM



## Lunch Menu: June - August, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>	June 28 <sup>th</sup>	June 29 <sup>th</sup>
		<u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i>  Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk	<u>Picnic Munchable</u> <i>boneless chicken drummies, barbecue sauce</i>  Fresh Broccoli Juicy Orange Wedges Whole Wheat Tea Roll 1% Milk	<u>Turkey Sliders</u> <i>roast turkey, swiss cheese, dollar rolls, lettuce leaf, mayonnaise &amp; mustard</i>  Kiwi Fruit 100% Fruit Juice Nonfat Chocolate Milk
July 2 <sup>nd</sup>	July 3 <sup>rd</sup>	 <b>Independence Day Holiday</b>	July 5 <sup>th</sup>	July 6 <sup>th</sup>
<u>Mini Bagel Munchable</u> <i>sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds</i> Baby Carrots & Cucumber Coins Sliced Wa. Apples Nonfat Chocolate Milk	<u>Beef Taco Salad</u> <i>fresh cut garden salad, seasoned beef, cheddar cheese, ranch dressing</i>  Seasonal Fresh Fruit Dinner Roll 1% Milk		<u>Turkey Pastrami Wrap</u> <i>turkey pastrami, cheddar cheese, shredded lettuce &amp; cabbage, soft flour tortilla, mayonnaise &amp; mustard</i>  Baby Carrots & Snap Peas Juicy Orange Wedges Nonfat Chocolate Milk	<u>South Pacific Munchable</u> <i>roast turkey, swiss cheese, mayonnaise &amp; mustard</i>  Broccoli Florets Pineapple Aloha Roll Nonfat Chocolate Milk
July 9 <sup>th</sup>	July 10 <sup>th</sup>	July 11 <sup>th</sup>	July 12 <sup>th</sup>	July 13 <sup>th</sup>
<u>Picnic Munchable</u> <i>boneless chicken drummies, barbecue sauce</i>  Fresh Broccoli Juicy Orange Wedges Whole Wheat Tea Roll 1% Milk	<u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i>  Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk	<u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i>  Seasonal Fruit Dinner Roll 1% Milk	<u>Crispy Chicken Wrap</u> <i>crispy chicken tender, cheddar cheese, shredded cabbage &amp; lettuce, soft flour tortilla, ranch dressing</i>  Cucumber Coins & Baby Carrots Seasonal Melon Nonfat Chocolate Milk	<u>Turkey Sliders</u> <i>roast turkey, swiss cheese, dollar rolls, lettuce leaf, mayonnaise &amp; mustard</i>  Kiwi Fruit 100% Fruit Juice Nonfat Chocolate Milk

\*Seasonal Fresh Fruit to include apples, oranges, melon, kiwi, berries, stone fruits, cherries, etc.

\*\*\*100% Fruit Juice will include a variety of flavors (apple or orange).

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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>Friday</b>
<b>July 16<sup>th</sup></b> <u>Mini Bagel Munchable</u> sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds Baby Carrots & Cucumber Coins Sliced Wa. Apples Nonfat Chocolate Milk	<b>July 17<sup>th</sup></b> <u>Sesame Noodle Salad</u> <i>Chinese egg noodles,                      seasoned chicken, shredded                      carrots &amp; cabbage, toasted                      sesame seeds, sesame ginger                      dressing</i> Fresh Tomatoes 100% Fruit Juice 1% Milk	<b>July 18<sup>th</sup></b> <u>Beef Taco Salad</u> <i>fresh cut garden salad,                      seasoned beef, cheddar                      cheese, ranch dressing</i> Seasonal Fresh Fruit Dinner Roll 1% Milk	<b>July 19<sup>th</sup></b> <u>Turkey Pastrami Wrap</u> <i>turkey pastrami, cheddar                      cheese, shredded lettuce,                      soft flour tortilla,                      mayonnaise &amp; mustard</i> Baby Carrots & Snap Peas Juicy Orange Wedges Nonfat Chocolate Milk	<b>July 20<sup>th</sup></b> <u>South Pacific Munchable</u> <i>roast turkey, swiss cheese,                      mayonnaise &amp; mustard</i> Broccoli Florets Pineapple Aloha Roll Nonfat Chocolate Milk
<b>July 23<sup>rd</sup></b> <u>Picnic Munchable</u> <i>boneless chicken drummies,                      barbecue sauce</i> Fresh Broccoli Juicy Orange Wedges Whole Wheat Tea Roll 1% Milk	<b>July 24<sup>th</sup></b> <u>Cheese Pizza Munchable</u> <i>mini pita rounds,                      shredded mozzarella                      &amp; cheddar cheese, marinara                      sauce</i> Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk	<b>July 25<sup>th</sup></b> <u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken,                      tomatoes, parmesan cheese,                      Caesar dressing</i> Seasonal Fruit Dinner Roll 1% Milk	<b>July 26<sup>th</sup></b> <u>Crispy Chicken Wrap</u> <i>crispy chicken tender,                      cheddar cheese, shredded                      cabbage &amp; lettuce, soft flour tortilla,                      ranch dressing</i> Cucumber Coins & Baby Carrots Seasonal Melon Nonfat Chocolate Milk	<b>July 27<sup>th</sup></b> <u>Turkey Sliders</u> <i>roast turkey, swiss cheese,                      dollar rolls, lettuce leaf,                      mayonnaise &amp; mustard</i> Kiwi Fruit 100% Fruit Juice Nonfat Chocolate Milk
<b>July 30<sup>th</sup></b> <u>Mini Bagel Munchable</u> sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds Baby Carrots & Cucumber Coins Sliced Wa. Apples Nonfat Chocolate Milk	<b>July 31<sup>st</sup></b> <u>Sesame Noodle Salad</u> <i>Chinese egg noodles,                      seasoned chicken, shredded                      carrots &amp; cabbage, toasted                      sesame seeds, sesame ginger                      dressing</i> Fresh Tomatoes 100% Fruit Juice 1% Milk	<b>August 1<sup>st</sup></b> <u>Beef Taco Salad</u> <i>fresh cut garden salad,                      seasoned beef, cheddar                      cheese, ranch dressing</i> Seasonal Fresh Fruit Dinner Roll 1% Milk	<b>August 2<sup>nd</sup></b> <u>Turkey Pastrami Wrap</u> <i>turkey pastrami, cheddar                      cheese, shredded lettuce,                      soft flour tortilla,                      mayonnaise &amp; mustard</i> Baby Carrots & Snap Peas Juicy Orange Wedges Nonfat Chocolate Milk	<b>August 3<sup>rd</sup></b> <u>South Pacific Munchable</u> <i>roast turkey, swiss cheese,                      mayonnaise &amp; mustard</i> Broccoli Florets Pineapple Aloha Roll Nonfat Chocolate Milk

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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>Friday</b>
<b>August 6<sup>th</sup></b> <u>Picnic Munchable</u> <i>boneless chicken drummies, barbecue sauce</i> Fresh Broccoli Juicy Orange Wedges Whole Wheat Tea Roll 1% Milk	<b>August 7<sup>th</sup></b> <u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i> Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk	<b>August 8<sup>th</sup></b> <u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i> Seasonal Fruit Dinner Roll 1% Milk	<b>August 9<sup>th</sup></b> <u>Crispy Chicken Wrap</u> <i>crispy chicken tender, cheddar cheese, shredded cabbage &amp; lettuce, soft flour tortilla, ranch dressing</i> Cucumber Coins & Baby Carrots Seasonal Melon Nonfat Chocolate Milk	<b>August 10<sup>th</sup></b> <u>Turkey Sliders</u> <i>roast turkey, swiss cheese, dollar rolls, lettuce leaf, mayonnaise &amp; mustard</i> Kiwi Fruit 100% Fruit Juice Nonfat Chocolate Milk
<b>August 13<sup>th</sup></b> <u>Mini Bagel Munchable</u> <i>sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds</i> Baby Carrots & Cucumber Coins Sliced Wa. Apples Nonfat Chocolate Milk	<b>August 14<sup>th</sup></b> <u>Sesame Noodle Salad</u> <i>Chinese egg noodles, seasoned chicken, shredded carrots &amp; cabbage, toasted sesame seeds, sesame ginger dressing</i> Fresh Tomatoes 100% Fruit Juice 1% Milk	<b>August 15<sup>th</sup></b> <u>Beef Taco Salad</u> <i>fresh cut garden salad, seasoned beef, cheddar cheese, ranch dressing</i> Seasonal Fresh Fruit Dinner Roll 1% Milk	<b>August 16<sup>th</sup></b> <u>Turkey Pastrami Wrap</u> <i>turkey pastrami, cheddar cheese, shredded lettuce, soft flour tortilla, mayonnaise &amp; mustard</i> Baby Carrots & Snap Peas Juicy Orange Wedges Nonfat Chocolate Milk	<b>August 17<sup>th</sup></b> <u>South Pacific Munchable</u> <i>roast turkey, swiss cheese, mayonnaise &amp; mustard</i> Broccoli Florets Pineapple Aloha Roll Nonfat Chocolate Milk
<b>August 20<sup>th</sup></b> <u>Picnic Munchable</u> <i>boneless chicken drummies, barbecue sauce</i> Fresh Broccoli Juicy Orange Wedges Whole Wheat Tea Roll 1% Milk	<b>August 21<sup>st</sup></b> <u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i> Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk	<b>August 22<sup>nd</sup></b> <u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i> Seasonal Fruit Dinner Roll 1% Milk	<b>August 23<sup>rd</sup></b> <u>Crispy Chicken Wrap</u> <i>crispy chicken tender, cheddar cheese, shredded cabbage &amp; lettuce, soft flour tortilla, ranch dressing</i> Cucumber Coins & Baby Carrots Seasonal Melon Nonfat Chocolate Milk	<b>August 24<sup>th</sup></b> <u>Turkey Sliders</u> <i>roast turkey, swiss cheese, dollar rolls, lettuce leaf, mayonnaise &amp; mustard</i> Kiwi Fruit 100% Fruit Juice Nonfat Chocolate Milk

(Menu subject to change)

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